



UCOOK

Chimichurri & Ostrich Fillet

with roasted butternut & lentils

Oven-roasted butternut & lentils are paired with a moreish baby tomato relish elevated with fresh rosemary & balsamic vinegar. This stunning veggie base is then topped with butter-basted ostrich fillet slices and crumbled with Danish-style feta. Finished up with dollops of chimichurri sauce.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Strandveld | Grenache

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
80g	Baby Tomatoes <i>rinse</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Rosemary <i>rinse</i>
50g	Kale <i>rinse & roughly shred</i>
10ml	Balsamic Vinegar
60g	Tinned Lentils <i>drain & rinse</i>
150g	Free-range Ostrich Fillet
20g	Danish-style Feta <i>drain</i>
20ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHERRY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed garlic, and the rinsed rosemary sprigs until the tomatoes are blistered, 5-6 minutes. Press the tomatoes down with the back of a wooden spoon until saucy. Add the balsamic vinegar and simmer, 1-2 minutes. Remove from the heat and discard the rosemary sprigs. Add a sweetener (to taste) and seasoning.

3. KALE PREP Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

4. CRISPY LENTILS When the butternut has been roasting for 10-15 minutes, coat the rinsed lentils in oil and seasoning. Scatter the lentils and the kale over the butternut and roast for the remaining time until crispy.

5. SIZZLING STEAK Place a clean pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. TIME TO DINE Plate up the roasted veggies alongside the baby tomato sauce and top the sauce with the steak slices. Crumble over the drained feta and dollop the chimichurri sauce over everything. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the butternut half-moons and the drained lentils in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	405kj
Energy	97kcal
Protein	8.2g
Carbs	9g
of which sugars	2g
Fibre	2.9g
Fat	2.6g
of which saturated	0.8g
Sodium	80mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days